

The Whitehorse Conference on Healing, Resilience, & Recovery:

Integrating Cultural Wisdom, Trauma-Informed Care, and Evidence-Based Therapies

WHITEHORSE YUKON | JUNE 11+12, 2026

The Sternwheeler Hotel & Conference Centre | 201 Wood Street

DAY 1 - JUNE 11, 2026

Integrating Neuropsychology, CBT, DBT, Narrative and Meaning-Focused Therapy to Heal Traumatic Wounds, Addictions and Other Mental Health Disorders

- Carissa Muth, Psy.D., CCC, R.Psych

Healing through Tradition: Reclaiming Culture, Identity, and Spirituality

- Varleisha D. Lyons, Ph.D, OTD, OTR/L

DAY 2 - JUNE 12, 2026

Treating Anxiety, Depression, Worry and Stress in Children and Adolescents

- Carissa Muth, Psy.D., CCC, R.Psych

Working with Highly Dysregulated Children and Adolescents: Practical Strategies and Interventions

- Varleisha D. Lyons, Ph.D, OTD, OTR/L



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DAY ONE - JUNE 11, 2026

Integrating Neuropsychology, CBT, DBT, Narrative and Meaning-Focused Therapy to Heal Traumatic Wounds, Addictions and Other Mental Health Disorders

8:30am - 4:00pm

Carissa Muth, Psy.D., CCC, R.Psych

This workshop, led by Dr. Carissa Muth, offers an integrative roadmap for treating complex comorbidities where single-modality approaches often fail. Participants will begin by exploring the neurobiological underpinnings of trauma and addiction, learning how these conditions impact the brain's executive functioning and reward systems. Building on this foundation, the course demonstrates how to sequence interventions, utilizing DBT skills for initial physiological stabilization and CBT for identifying and restructuring maladaptive cognitions. Dr. Muth will then guide clinicians in applying Narrative Therapy techniques to externalize the shame-based identities often found in survivors of trauma and substance use disorders. The training culminates in Meaning-Focused strategies that help clients reconstruct a sense of purpose and a coherent identity beyond their diagnosis. Through complex case studies and integrated treatment planning, attendees will learn to weave these distinct threads into a cohesive, personalized healing journey for high-acuity clients.

Healing through Tradition: Reclaiming Culture, Identity, and Spirituality

8:30am - 4:00pm

Varleisha D. Lyons, Ph.D, OTD, OTR/L

Join internationally respected occupational therapist and researcher Dr. Varleisha (Gibbs) Lyons for a powerful one-day clinical workshop in Whitehorse, Yukon, exploring the intersection of trauma, culture, identity, and spirituality in healing. Grounded in Indigenous perspectives and informed by neuroscience and clinical practice, this training will help professionals deepen their understanding of intergenerational trauma and the role of cultural reconnection in restoring well-being.

Participants will examine the historical and ongoing impacts of colonization, cultural disruption, and systemic inequities on identity formation, mental health, and community wellness. Dr. Lyons will guide attendees through the role of spirituality, ceremony, storytelling, and traditional knowledge as powerful pathways for resilience and recovery. Emphasis will be placed on how clinicians and helping professionals can respectfully integrate cultural awareness and Indigenous-informed practices into therapeutic and community-based work.

DAY TWO - JUNE 12, 2026

Treating Anxiety, Depression, Worry and Stress in Children and Adolescents

8:30am - 4:00pm

Carissa Muth, Psy.D., CCC, R.Psych

In this comprehensive training, Dr. Carissa Muth addresses the escalating crisis of internalizing disorders in youth, providing clinicians with a robust framework for treating anxiety, depression, and chronic stress. Moving beyond standard "talk therapy," the course adapts evidence-based protocols—specifically Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT)—to match the developmental needs of children and teenagers. Participants will learn to distinguish between normal developmental fears and clinical diagnoses, avoiding the common trap of pathologizing growing pains while ensuring acute distress is not overlooked. Dr. Muth places special emphasis on the "family system," teaching therapists how to coach parents out of "accommodation behaviors" that inadvertently feed a child's anxiety. The workshop also covers practical strategies for addressing the unique presentation of childhood depression, which often masks as irritability or somatic complaints rather than sadness. Finally, attendees will leave with a toolkit of creative, play-based, and somatic interventions to engage resistant youth and build lifelong resilience.

Working with Highly Dysregulated Children and Adolescents: Practical Strategies and Interventions

8:30am - 4:00pm

Varleisha D. Lyons, Ph.D, OTD, OTR/L

Embark on an illuminating learning experience with sought-after occupational therapist Dr. Varleisha (Gibbs) Lyons, PhD, OTD, OTR/L, ASDCS, FAOTA, as she guides participants through a transformative six-hour workshop focused on understanding and supporting highly dysregulated children and adolescents. Dr. Lyons will explore how to select effective interventions for young people displaying challenging behaviours such as hyperactivity, aggression, self-stimulatory behaviours, impulsivity, emotional outbursts, and inattentiveness. Through an engaging, evidence-based presentation, participants will develop a deeper understanding of the connection between neuroscience, sensory processing, and self-regulation. Dr. Lyons will explain how the developing brain and nervous system influence behaviour, emotional control, and daily functioning, helping professionals better interpret what children's behaviours are communicating and how to respond effectively. Participants will also be introduced to practical self-regulation and mindfulness-based strategies designed to support children and adolescents across a wide range of environments.



Carissa Muth, Psy.D., CCC, R.Psych is a registered psychologist in Alberta and the Clinical Director at the Sunshine Coast Health Centre and Georgia Strait Women's Clinic. She holds Doctorate of Psychology, Master of Arts in Counselling, and Bachelor of Social Work degrees and ran a private practice in Alberta.



Varleisha D. Lyons Ph.D, OTD, OTR/L is a renowned occupational therapist, author, and speaker who is deeply passionate about promoting culturally intelligent and spiritually centered mental health care. Dr. Lyons is dedicated to integrating Indigenous spiritual practices into modern therapeutic frameworks.